

# State of New Hampshire EMPLOYEE WELLNESS NEWS

**WELLNESS PROGRAM NEWS YOU CAN USE!**

**January 2011**

## 2011 Health Assessment Tool Your Starting Point for Better Health Coaching

If you're like most people, you want to feel better, and live a longer, healthier life. Doing so could start with taking Anthem's Better Health Assessment Tool (HAT). The HAT is your first step in working toward achieving and maintaining wellness. This interactive assessment evaluates your health-related behaviors and health history. Then, based on your evaluation, your assessment will produce a personalized action plan, with realistic, individual solutions for reaching your health goals. Once your action plan is complete, you'll have the information you need to get personalized help in six areas:

**Better weight**      **Better eating**  
**Better coping**    **Better sleep**  
**Better breathing**   **Better activity**

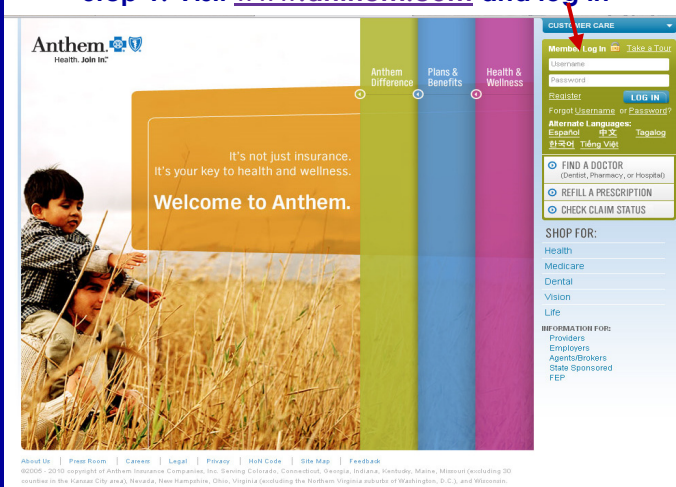
Further details on how to register on anthem.com, a 2011 HAT worksheet, Better Health HAT "Click by Click" instructions, and Frequently Asked Questions can be found by visiting:

[http://admin.state.nh.us/hr/flexible\\_spending.html](http://admin.state.nh.us/hr/flexible_spending.html)

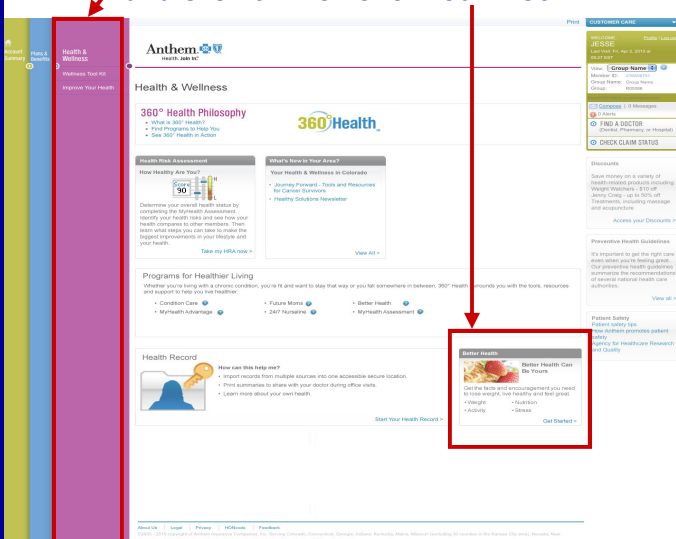
Remember, active employee subscribers that complete the Better Health HAT will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/benefit year 2011, eligible for medical and pharmacy copays and POS deductible and co-insurance.

If you are having trouble completing the HAT, you can contact Anthem Customer Service at 1-800-933-8415 Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email [StateofNH@anthem.com](mailto:StateofNH@anthem.com). If you need further assistance, contact your agency HR representative.

### Step 1. Visit [www.anthem.com](http://www.anthem.com) and log in



### Step 2. Select the purple "Health & Wellness" tab and click on the Better Health icon



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# January



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## Health Observances

January 2011

National Health Observances\*

Cervical Health Awareness Month

National Birth Defects Prevention Month

National Glaucoma Awareness Month

National Radon Action Month

Thyroid Awareness Month

\*U.S. Department of Health and Human Services



The sneakers on the calendar represent running/walking events. Visit [www.coolrunning.com](http://www.coolrunning.com) to find the time, location and event.

Additional websites to find out what physical and recreational activities are happening in your area:

[www.visitnh.gov](http://www.visitnh.gov)

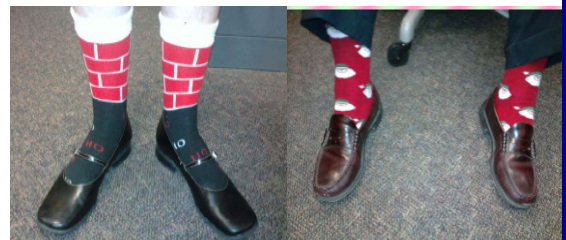
[www.healnh.org](http://www.healnh.org)

## Wellness Coordinators Corner

**New Anthem Wellness Coordinator**—Lisa Marzoli is the new Anthem Wellness Facilitator for the State of New Hampshire Employee Wellness Program and is replacing Kathy Sherman. Lisa will be working with the Health Benefit Advisory Committee Workgroup to develop and manage a comprehensive state-wide health promotion and wellness program. Lisa has a terrific background including a Master's in Business Administration, Bachelor's Degree in Managing Health Care Education and an Associates Degree in Exercise Science. Prior to this position, Lisa worked as a Wellness Coordinator, Health Educator and Family Health Education Coordinator in a large New Hampshire Business Network and Hospital. To stay healthy and practice wellness, Lisa likes to run, hike and go power-walking with her 10-month old puppy. She also enjoys cooking and experimenting with recipes to make them healthier such as her chocolate tofu pie! She will be attending the January 13th Wellness Coordinator Training to introduce herself.

**General Court**—Diane Bergquist and Ellen Neilley, Wellness Coordinators at the State House displayed information to staff and legislators in the nurse's station on fire safety and safe alcohol use during the holidays.

**Administrative Services**—Stepping back and having some light-hearted fun, DAS held a friendly competition using some of the best medicine.....LAUGHTER! So Diane Caldon, Wellness Coordinator for DAS held an agency "Funny Sock Day" competition for the holidays. Here are a few examples of socks DAS employees covered their feet with to take home the prize! Congratulations to Lynda Heath for the winning socks!



## Looking for Health and Wellness Newsletters?



### Don't Miss WebMD's Most Popular Newsletters!

WebMD's newsletters are packed with the latest health and wellness information and expert advice. WebMD provides valuable health information, tools for managing your health, and support to those who seek information. You can trust that the content is timely and credible. WebMD is dedicated to providing quality health information and upholding the integrity of our editorial process. The WebMD content staff blends award-winning expertise in medicine, journalism, health communication and content creation to bring you the best health information possible.

To sign up, Visit <https://member.webmd.com/newsletters/newsletters.aspx>

## Health & Wellness Resources

### Local Government Center

**Fitness 101**—This workshop reviews the benefits of exercise and identifies the components of fitness. It also incorporates simple steps for getting in shape as well as related nutrition and safety tips. To get you started off on the right track, the Body Composition Analysis will be available.

Did you know that an increased amount of body fat puts an individual at risk for a variety of illnesses such as heart disease and stroke? Body fat amount cannot be detected by appearance alone, which is why it is important to monitor your body composition. Using a bioelectrical impedance body fat monitor, an extremely weak current is sent through the upper body and accurately estimates body fat percentage in comparison to muscle mass. In addition to body fat percentage, participants can learn their BMI (body mass index).

**To schedule this Health Seminar, have your agency Human Resource or Wellness Coordinator contact the LGC Health Management Representative Bill Byron:**

**800.852.3358 ext: 208 or e-mail at [wbyron@nhlgc.org](mailto:wbyron@nhlgc.org)**

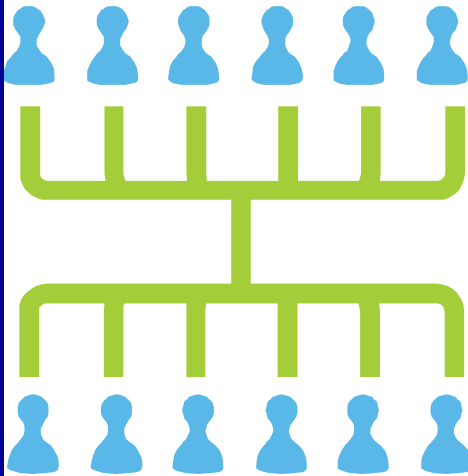
### Anthem

**24/7 NurseLine**—This line has nurses available 24 hours a day, seven days a week to speak with you about your health issues. Whether it's a question about allergies, earaches or just about any other health topic, answer and support are there whenever you need them. Call 1-800-544-1901 to reach the NurseLine.

**AudioHealth Library**—These helpful prerecorded messages in English and Spanish cover hundreds of topics. Just call 1-800-544-1901 and follow the instructions on the phone to listen in. For a complete list of AudioHealth Library Topics, call Michael Loomis at 271-4103.

**[Anthem.com](http://www.anthem.com) Health and Wellness**—Log in to [www.anthem.com](http://www.anthem.com) to get access to health calculators and quizzes, discuss health topics and share experiences with other members, check your symptoms, explore health concerns with thousands of articles and resources, learn more with a library of condition information and get up to date health alerts and recalls.

## My Family Health Portrait



Your family health history can help your healthcare provider provide better care for you. It can help identify whether you have higher risk for some diseases. It can help your healthcare provider recommend actions for reducing your personal risk of disease. It can also help in looking for early warning signs of disease. The Surgeon General's "My Family Health Portrait" at <https://familyhistory.hhs.gov/fhh-web/home.action> is an internet-based tool that makes it easy for you to record your family health history. The tool is easy to access on the web and simple to fill out. It assembles your information and makes a "pedigree" family tree that you can download. It is private—it does not keep your information. It gives you a health history that you can share with family members or take to your healthcare provider. It should only take about 15 to 20 minutes to build a basic family health history. Individuals with larger families will spend more time entering in their information. Very few people are likely to have detailed and precise information about their family members/ health histories, but any information can be helpful. Once you have completed your history, it is important to talk about it with your healthcare provider. He or she may be able to help provide perspective, or even provide more detail based on the knowledge you bring. If you would like to print out a family health portrait to complete, the U.S. Surgeon General also provides a "Family Health Portrait Brochure" at <http://www.dhss.mo.gov/FamilyHistory/FamilyHealthPortraitBrochure.doc>

## The Centers for Disease Control and Prevention Get Smart: Know When Antibiotics Work

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

### What Can You Do to Protect Yourself or Your Child?

When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you. "We want Americans to keep their families and communities healthy by getting smart about the proper use of antibiotics," said Lauri Hicks, D.O., medical director of CDC's Get Smart campaign.



**Talk with your healthcare provider about antibiotic resistance**



**When you are prescribed an antibiotic**—Take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you. This goes for children too. Make sure your children take all medication as prescribed, even if they feel better. Throw away any leftover medication once you have completed your prescription

**Take the CDC Antibiotic Quiz at** <http://www.cdc.gov/getsmart/resources/quiz.html>

## State Health Benefit Program Benefit Spotlight



The New Hampshire State Employee Health Benefit Program **covers 100% of the cost of preventive care** including immunization, health screenings, routine physical exam, well baby and OB/GYN care. It is important to get an annual well-person exam (physical) each year, even if you feel healthy. At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, injury prevention, misuse of drugs and alcohol, tobacco cessation, second hand smoke, sexual behavior, dental health, mental health), blood pressure, cholesterol, blood glucose and other age/gender appropriate screenings.

Additional State Health Program services are offered at no cost or a very minimal cost to members such as a Primary Care Provider office visit, Mental Health, and Substance Abuse visit/consultation. The copays vary depending on the type of service being rendered. Don't forget, if you complete the Better Health HAT in 2011, you will be eligible for the \$200 Health Reimbursement Arrangement (HRA) for calendar/benefit year 2011 that can be used for medical or pharmacy copays as well as POS deductible and co-insurance. *Note: the HRA benefit is only available to the subscriber of an Active Employee HMO or POS plan and does not apply to the trooper or retiree plan.*

## Vitamin D and Your Health

New Hampshire isn't exactly considered "The Sunshine State", so odds are some of us do not get enough vitamin D from the sun or in our foods. Vitamin D deficiency is becoming a concern in part because research conducted over the past decade suggests that vitamin D plays a much broader disease-fighting role than once thought. According to the Harvard School of Public Health, being "D-ficient" may increase the risk of a host of chronic diseases such as osteoporosis, heart disease, some cancers, and multiple sclerosis, as well as infectious diseases, such as tuberculosis and even the seasonal flu.

Vitamin D is both a nutrient we eat and a hormone our bodies make. Few foods are naturally rich in vitamin D, so the biggest dietary sources of vitamin D are fortified foods and vitamin supplements. Good sources include dairy products and breakfast cereals (both of which are fortified with vitamin D), and fish such as salmon and tuna. The body also manufactures vitamin D from cholesterol through a process triggered by the action of sunlight on skin. Currently, there's scientific debate about how much vitamin D people need each day. The Institute of Medicine recommends tripling the daily vitamin intake for children and adults in the U.S. to 600 IU per day. For bone health and chronic disease prevention, many people are likely to need more vitamin D than even these new government guidelines recommend. Talk to your healthcare provider about how much vitamin D you should be getting.

